



**FORT LEWIS, WASHINGTON**

**June 25, July 16, & 20 August 2005**

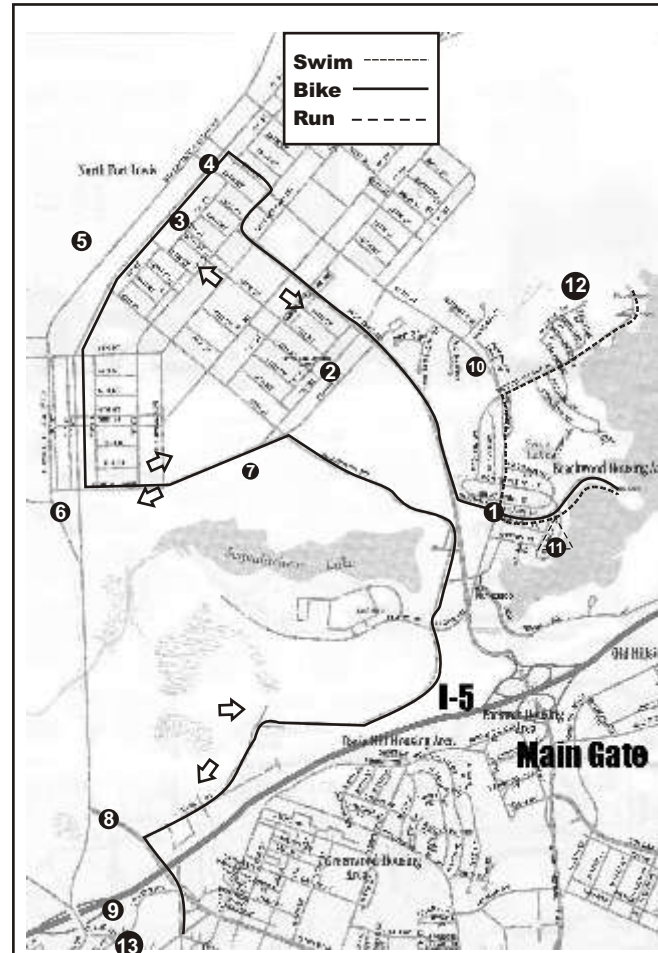
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**To register & info. Call (253) 967-6808  
or [fortlewismwr.com](http://fortlewismwr.com)**

## TRIATHLON SERIES MAPS

**June & July & August Routes**



- 1 Beach Road
- 2 41st Division
- 3 32nd Division Drive
- 4 17th Street
- 5 I Street
- 6 South Drive
- 7 Vancouver Road
- 8 Main Street
- 9 Lewis Drive
- 10 American Lake Ave
- 11 Swim Area
- 12 Run Turnaround Point
- 13 Bike Turnaround Point



### THE FORT LEWIS TRIPLE THREAT TRIATHLON SERIES 2005

☐ Race - 25 June 05 ☐ Race - 16 July 05 ☐ Race - 20 August 05

Forms may be photocopied.  
One entry form per person

Last Name  First Name  Apt.

Street Address

City  State  Zip Code

Day Phone  Age (on date of race)  Swim time:

Sex ☐ Email

Shirt Size ☐ M ☐ L ☐ XL

ENTRY FEES (Non Refundable)

☐ Elite Civilian MMW (\$60.00) ☐ Age Group Civilian MMW (\$60.00) ☐ Relay Team Civilian MMW/Coed (\$75.00)

☐ Elite Military MMW (\$10.00) ☐ Age Group Military MMW (\$10.00) ☐ Military Unite Relay Team (\$30.00)

Make checks payable to: **IMWRF**

Mail to: **DCA-SPORTS DIVISION**

ATTN: TRIATHLON SERIES

P.O. BOX 233 DUPONT, WA 98327-0233

**Hold Harmless Agreement and Covenant Not To Sue**

In consideration of the rights granted me to participate in the "Triple Threat Triathlon Series", I, the undersigned, in acknowledgement that I am doing so entirely upon my own initiative, risk and responsibility do hereby, for myself, my heirs, executors, and administrators, agree to remise, fully release, hold harmless, and forever discharge the Government of the United States and all its officers, employees, volunteers, and all other sponsors acting officially or otherwise, from any and all claims, demands, actions or causes of actions, on account of my death or on account of any injury to me or my property which may occur from any cause whatsoever while participating in the above named program. I grant permission to all of the foregoing to use any photographs, motion pictures, recording and any other record of this event for any legitimate purpose. I have read the information provided and certify my compliance with my signature below. I also understand my entry fee is non-refundable. Parents must sign for you if you're under 18 years old.

TOTAL AMOUNT PAID  
\$

Name of Participant  Signature of Participant  Date

## Race Information

The Fort Lewis Sports Division presents the 13th Annual Triple Threat Series. These races are open to the general public and everyone is invited. All three Triathlon races will start at Shoreline Park on American Lake on North Fort Lewis at 9:00 a.m. There will be a cap of 300 participants per race. Please sign up as soon as possible. There will be “ **NO ” DAY OF RACE REGISTRATION.** ”

## Date & Distances

June 25 - ½ m Swim, 15 m Bike, & 3 m Run  
July 16 - ½ m Swim, 15 m Bike, & 3 m Run  
August 20 - ½ m Swim, 15 m Bike, & 3 m Run

## Course:

The swim course is on American Lake. The water is usually in the low 60's. A wet suit is recommended but not required. The bike & run course is through North Fort Lewis and it is fast & flat. A helmet is REQUIRED.

## Categories:

1. ELITE Men's/Women's

In this Category competitors compete across the ages. Competitors should be extremely experience triathletes.

2. Age Group - Men's / Women's

15-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60 +



In this category competitors compete in their age groups. Competitors vary from beginners to experience triathletes.



3. Relay Teams: Men's / Women's / Coed / Military  
This category is divided into four divisions. Each team consists of three individuals; One member swims, one member cycles, and one member runs. All three entries need to be signed and turned in as one team entry.

## Awards

1. All Pre-registered participants will receive a race shirt.
2. Medallions will be given to 1st - 3rd places per category.
3. Door prizes will be pre-drawn from registered participants and posted prior to race. All participants are eligible for door prizes. Winners may pick up their prize at the check-in area **after the race.**
4. Special awards will be given to the Top Overall individuals in the Elite Category who participate in all three Triathlon events.
5. A Grand Door Prize will be given out at each race.



## Entry Fees /Registration

Civilian: \$60, Military \$10,  
Civilian Relay Teams \$65,  
Military Relay Teams \$10

Entry Fees are NON-REFUNDABLE  
Registration is limited to 300 entries per race.

Make check out to: **IMWRF**  
Mail completed entry form with your check to:

DCA-Sports Division  
Attn: Triathlon Series  
P.O. Box 233  
Dupont, WA 98327-0233

## REGISTRATION DEADLINES

**TRI #1 - 10 JUNE 05**

**TRI #2 - 2 JULY 05**

**TRI #3 - 6 AUGUST 05**

**NO Day of Race Registration**



## Schedule of Activities:

7:30 Pick up race packet.  
8:45 Race Briefing  
9:00 Race Begins  
12:30 Awards & Grand Door Prize.

( TIME LIMIT: 3 HOURS PER RACE.)



## Driving Directions:

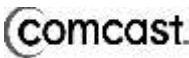
If you're coming from either south or north I-5, take exit #120. Go directly to North Fort Lewis Gate. Show your pass and follow the signs to Shoreline Park. If you have not received your pass and you have registered, you can pick up a pass at the gate. You'll need the following:

- a. A valid Driver's License
- b. A current Vehicle Registration Card
- c. Vehicle Proof of Insurance Card

Once through the gate, follow the road through the first light. Take the next right turn (Shoreline Drive) and follow the road through the stop sign. Continue until the road ends. Parking is on the left hand side. Park your car and start setting up your equipment.



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